



# ADHD, SOBRIETY & CREATIVITY

## *Episode Transcript*

Hey, it's Rebecca, and welcome to Returning. A podcast to return to yourself and the wisdom within. I'm so glad you're here with me. Thanks for returning.

Today, I am returning with my friend Pearl Lowe. Pearl is one of the most creative people that I know. She's an author, a singer, but she's probably most well known now for her amazing, daring vintage interiors, which is actually how I met her, and her gorgeous fashion business. Pearl is a true force of nature, if you've met her. I absolutely love her style, her courage to own her truth, and also her playfulness. This conversation has pretty much everything in it - wisdom, insight, interior design and plenty of drugs, sex and rock and roll.

And at the end of the episode, as always, you'll find a guided soul inquiry to explore what this conversation stirs up in you. I know how precious your time is, so let's jump right into Sacred Space together now. In the center of your heart, imagine a beautiful flower and invite it to open petal by petal now, revealing a light in the middle. This light is your soul. The wisdom within. Invite it to step forward now. And acknowledging the custodians and keepers of the land where I am and where you are too. Beautiful. Let's begin.

Rebecca: So, so good to have you here.

Pearl: Thanks for having me. I'm very excited.

Rebecca: So good. I know, it feels funny that, like, you're just down the road and we're online, but this is something new for us.

Pearl: I know, I know. It's the way forward.

Rebecca: Totally. And I'm very inspired by your background. I don't know anyone in the world who changes their decor and their house more than you.

Pearl: I know. It's so, I drive everyone mad. I think in my family, no one else. But, yeah, I just get a little bit bored. I get, or if I think things that are sort of jarring at me, you know, sort of, like, if things are just not right, then I think I've got to change it, you know. Or I'll buy a piece of furniture and I'll put it in a room and I really want it, and then I'll have to change everything for it to go with it, you know?

Rebecca: And have you always been like that? Like, because I know you've got such a creative mind and you've got such an eye for colors and vision and how things go together. Like, have you always had that in you or is it something that you've developed over time?

Pearl: No, I've always had it. And I think, you know, obviously when you rent places, sometimes you're not allowed to express that. So mine is always been in the home. Like I've always, kind of, got really inspired and thought, I've got to do this. And so it was quite frustrating for me when I didn't have any money and I was renting these, kind of, bedsits or whatever. And I was just kind of like argh. And so I would paint things and then the landlord when I left, I'd have to repaint it. So it was a bit of a pain, really. So it's great when I first got, when we first were able to buy a house. We bought our first house in Camden in, like, '96 or something. And, you know, that's when I used the house as a canvas, as a sort of, as my art piece, you know? But, I repainted the room 12 times before we left, and I think we were only in that house for three years.

Rebecca: Oh, I love it. And I was saying to Craig my husband, who, anyone who doesn't know, how much I love seeing you and Danny, your husband, just kind of like, talk back and forth, especially, like the way he just kind of, like, laughs off the fact that you, like, change the house all the time.

Pearl: I know. He gets a little bit, he's just, I mean, I think he's, obviously we've been together almost 28 years and so and I think he gets the point, where he's like, okay, but I really like the way that room looks. But it's fine if you really have to change it, you know, it's sort of, he's like, you know, if you really, really want to, it it's not really, it used to be about the money, but like, now it's more about the pain, you know, like, kind of the disruption it causes. You know, all the kids have to move out or, you know, or that kind of thing.

Rebecca: Yeah, totally. And so for those who don't know you or even like people who do, can you think of, like, a story or traits that you had, like, growing up, like, as a little girl that kind of showed who you were as a person? Because I'm just really fascinated with, like, these parts of us that, like, we come in with, like, from a soul level versus like the ones that we learn. Yeah, I.

Pearl: Yeah I mean, I've been doing a lot of thinking about my childhood recently because, I don't know if you know, but I've been recently diagnosed with ADHD. And that's kind of made me...

Because I'm very much, I know you are as well, very much a person that lives in the moment. And I try and leave the past behind and the future hasn't happened yet and try to stay present. But what happened when I got diagnosed with ADHD, it was like I had to start thinking about me as a child, you know, like I had to kind of go back and go, okay, what? You know, have I always had it? Because lots of people say, oh, I think it's the phones and computers and, you know, social media and... But I definitely had ADHD as a kid because... And when I think about me as a child, it was very, you know, I was really into my bedroom decorating. I was always changing things. My mom said, like, in the middle of the night, I would get really angry about the way that my room looked and I would just get all my drawers out. And she'd, sort of, in the morning, everything was spotless, you know. I'd just, kind of, I'd rearranged everything and, you know, changed my bed around. So, those kind of things have definitely come with me. And I obviously a big, big part of who I am. And also, she had some friends who lived in the country, and I was obsessed with going to their houses, you know. So, I mean, she had this one friend who had a house...

Rebecca: Really?

Pearl: Yeah, She had this one friend who had a house in Ascot and I was, like, lying on the grass and saying, Mom, I don't want, please don't, can we stay? Like, I don't want to go home. So, I think I loved the countryside. Even then, because I grew up in the city, I grew up in London. So that's interesting, isn't it? That you just think, well, actually, I'm still the same person. I haven't changed, you know.

Rebecca: Oh, that's so interesting. Yeah, I find that so fascinating because I think a lot of people who have ADHD or, you know. I think we're all on the spectrum, in some capacity, but ones that are further up that end, from my experience, tend to be, like, amazing creatives and, like, they have this ability to like hyper-focus. And like, sometimes actually, like, following through can be hard for some. But I know that you are an Aries as well, so you've got that fire, which I think probably like, you know, just like makes things happen. But, I just think it's interesting the way you described that, like, when you were a girl, like, with all the, like, feelings that you were feeling and then, like, changing your physical surroundings to kind of, like, make things more balanced. Is that kind of like what it felt like? Like, you were kind of like moving energy or was it just like a vision you had.

Pearl: A Vision, definitely. I think that I was, you know, it's really hard because I was, my mum was very confused as to, you know, I would come top in history and English, but bottom in maths and chemistry and the subjects that I wasn't interested in. But I was incredibly creative. But not in an obvious way. So I think that's the difficult thing. When you have a creative brain, you think in pictures. You have a, sort of, an ideal of how you want you, an idea of how you want your life. But you're not, there isn't anything you're incredibly talented, yet. Do you know what I mean? Like, I know it sounds hard, it's hard to put into words but. So, my mum always thought I was very lazy.

Rebecca: I think also like within a system, there's nothing you're good at. But yeah, when you're, there's so much more to discover. But yeah. Sorry you go on with what you were saying about your mom.

Pearl: Well my parents, so my brothers are both lawyers and they got first in their degrees and they were so super bright. And I was like the black sheep of the family because I was this creative. I was just told I was lazy all the time. You know, like, you're just so lazy. But I didn't find the thing that I really loved until I was much older. And that's what I think is quite hard. But you are right. I mean, people with ADHD are usually like artists or kind of they're very full of life aren't they. They're kind of, you know, but they're just... but they haven't, if you haven't sort of found what you're really interested in, it's quite hard.

Rebecca: Totally. And do you feel, like, with those ADHD qualities, like, do you feel, like, you just always had them? Or it was something that developed over time? Or, like, it's just, like, your nature, like, to be a creative and, you know, all of that?

Pearl: No, I definitely was born with it. And I definitely, you know, I, my brain works really fast. And, you know, I've got...

Rebecca: I've seen it.

Pearl: And I, like multitask. I kind of, like, do loads of different things and I've always been like that. I've always, like, kind of, you know, I've been too impatient for life. Like, life doesn't happen fast enough for me. Things don't happen fast enough for me. I just, you know, I go and I've always been like that. I really can't queue up, you know? And it's caused some problems, especially in my childhood. Because I would do silly things like, you know, when, you know, when I was really young, I got loads of tattoos that I now hate, you know, I'd love to get rid of, you know, things like that. Like, you know, I got pregnant really early in my teens and, you know, obviously it's amazing. But the disruption, sorry, my brain isn't working very well today. But the disruption that it caused was, you know, quite a lot of the time, you know, But it's great now but, you know, I sort of went through life as this, kind of, firecracker and kind of left like lots of carnage.

Rebecca: A trail of glory behind you.

Pearl: Yeah, I know. Then I met Danny, who's the same. He's got ADHD, and the pair of us together are just a nightmare, you know? But we've grown up, thank God. Because we were so immature, crazy at the time. But, like, you know, it's fine now.

Rebecca: Oh my God. But it's so, like, seeing you guys together as well, like, you both have, like, you're, like, such a, like, child, playfulness about you. Which I think is, like, such an amazing quality

to have. Like, I know, like, all of my teachers talk about, like, the aim of life is to die while still fully, fully living and to basically, like, regress, to be like a child. And I think that you guys, like, have that, like, what is it called the joie de vivre, or vivre de joie, or whatever it is. But you guys definitely have that, like, essence and like life force about you.

Pearl: Oh, thanks. I mean, it is, I do, we do have a good time. Like we definitely...and obviously when we were younger it was, it was too much of a good time, you know. It was just, like... And we had children. We had, like, lots of children that we had to, kind of, bring up together. And sometimes, you know, perhaps we weren't, that, you know, it was, we had great fun with our kids, but like there wasn't structure, you know, in the system, you know. We were kind of, yeah, you know, I guess now we're really good friends with our kids and it's great and they understand. But at the time, perhaps, they might have wished, a couple of them might have wished they had a bit more regimented and probably, you know, parents, you know. Like, kind of, ones that could, kind of, be a little bit more disciplined and things like that.

Rebecca And do you, so you're a mum of is it four or five?

Pearl: Four yeah, just four.

Rebecca: Four. And so, yes, that's a lot. So, from you, like, seeing them and, like, them being born and, you know, when, like, you've met both of my kids, like when they've been very, very little. And from my experience of two, each of them, like, just had, like, a uniqueness about them. Like, just, like, an energy that you can't, you can't explain. Like, Sunny's quite, he's got, like, a depth to him. Whereas Goldie's like playful. And have you, could you see that in each of your kids? Like, just the, like, the soul versus, like, the upbringing?

Pearl: It will change. Because I thought each one of them when they were born and toddlers, they've turned out to be completely different to how I thought they were going to be. Honestly, like, you know, Betty was so quiet. She was just a really good baby. And then she's a force of nature, you know, she's like, she's the strongest person I've ever met in my life, you know. And yet she wasn't like that as a baby. You wait, it changes. You think that you know them as a baby, and then they change as a toddler, and then they change again, and then they change. It's mad. I mean, now, like, Alfie, our son Alfie was such an awful toddler. I mean, he, but now I know him, he's the kindest, warmest person I think I've ever met. And he's so kind to me. Now I go out and people go, oh your son Alfie, is so lovely, what a lovely boy. But when he was a toddler, he used to go, go away, hate, you know, I hate you, don't look at me. We used to not get invited places because if we had Alfie with us, you know. He was just so sensitive, you know, And he just didn't like people looking at him. And he was just...and it came across as rude and, you know, like he was a brat. But he wasn't. He was just so, you know, he had to, he's so sensitive that he just needed his space and he didn't like certain people. And, you know, it's funny how it changes.

Rebecca: Okay. You come across as someone to me just well, I know about, like, all the things you've created in your life. And you seem to, like, throw yourself, like, so fully into everything, like, have you always been multi-passionate? Like, wanting....

Pearl: But yeah, but usually in the wrong...you know, when it gets misdirected? You know, like, so when I was younger... I know so, as you get older you, you get to learn, like, what works and what doesn't work. And you do it again and again. It's a bit like Groundhog Day. You know, you're like, okay well I'm going to change that because that will work, you know. And I think that when I was younger, it was, like, I had all this passion, but I didn't really, I, kind of, misdirected it, do you know what I mean? Like, I kind of put it into, you know, socializing or, like, you know. And I was kind of, you know, I got into, you know, obviously I was a singer for a very long time. But I realized that actually singing didn't make me very happy. It kind of made me really depressed because it wasn't using my creative brain. I was literally getting up on stage for half an hour or an hour a day and singing. And that was it. Like it was, you know, the only time I ever really enjoyed it was when I was creating the album sleeves or the photo shoots or, you know, I was styling the band, you know?

Rebecca: And what do you think called you to be a singer or a performer, then? Like was it, did you, was there something that you did get from it? Or was it, like, was it something that you just fell into?

Pearl: Yeah I definitely, I have got that side to me, which is kind of a bit of a show off and I like to kind of, you know, get up on stage and dance and, you know. I used to go to clubs, nightclubs, and I'd be up on the stage with the DJ. You know, that's, I, kind of, have that in me. And I think that, what I loved is, you know, just, I love performing. It's great. But it's all the other stuff. It's, like, getting on a really ugly bus, traveling up and down an ugly motorway, going to the, like, service station, hanging out with loads of blokes, you know, like, you know, so many other things that came with it that I did not enjoy. In fact 24 hours, well no it's not 24 is it, but, like, I don't know how many hours you are on the bus and it's just not my thing really.

Rebecca: Yeah I know what you mean. Like the actual, like, end result of, like, actually being on stage is like a fraction compared to, like, all the things that you kind of need to do in order to do the thing.

Rebecca: Okay, so was there like, a point? Well, because I know you've spoken as well about... How many years sober are you now?

Pearl: 18. 18. it's a very long time.

Rebecca: Wow. That's amazing. Congratulations.

Pearl: Thank you.

Rebecca: And like, was it, like, you deciding to be sober? Was that something that kind of, like, happened in an instant and lots of things moving up, or was it a long thing to come to? What was your journey with that?

Pearl: Yeah, I kept doing a year sober because I had kids and babies. You know, it was a really tough life to maneuver. You know, trying to be on tour. My husband was in a band. He was, they were really successful at the time. And then it was, like, you know, then, you know, we'd get nannies. And I didn't really want nannies to be bringing up my children. And I just felt really guilty all the time. And my career, my band wasn't very successful. So I was just like, what am I doing? You know? And then when, as soon as I got sober, everything changed because I started to follow my bliss. I started to listen to my gut and I started to just do things using my creative brain. And that's when things started working out for me, you know, just in the sense that, you know, I was really loving, you know, designing and, you know, having my own website. And I got to be with my children all the time, every day, you know, which was great. And I never had that guilt, you know, of being away.

Rebecca: Totally. I totally, totally get that. Yeah, I think it's definitely something that I'm, like, a question I'm constantly living into. Like how to to be the mom I want to be while also, like, honoring what lights me up and honoring, like, my purpose, you know? And, and then you go, oh, well, you know, if the kids choose the parents, if you go from that perspective, then you're like, well, don't like not do what you want. But yeah, it's finding that balance I think is so tricky.

Pearl: No, you do it really well because what you're doing, your home. I literally would be, you know, I don't know...up the country in Leeds doing a festival and my kids would be crying on the phone. You know, like, do you know what I mean? Like, it was like, and I wasn't even enjoying it. Like, I wasn't even having fun. It was just a chore. And I think work has to be fun. And you and I both, we talked about this. Which is just like we love working, it's what makes us happy. So if we're happy then the kids are happy. You know and I think, but there has to be a balance. Do you know what I mean? Like I think that you have to, you know, you don't want to go through life and and then find yourself going, oh my God, I wasn't around for my kids. But equally, you've got to be happy as, you know.

Rebecca: Yeah, your kids can't be your whole life because, yeah, I can imagine, like then the kids leave and you're like, whoa, who am I? You know? I mean, I think we're constantly asking who am I? But I'm curious with you, when you got sober and when you started, like, your new passion, like from moving as a performer into interiors. Like, was that the exact same time or did sober come and then the interiors or was there overlap?

Pearl: There was a bit of an overlap. Like I got sober, I started singing on my own, I started doing some solo work and... But I was pregnant with Betty, my youngest daughter, and, you know, and we moved to the country. And when I moved to the country, I was, I gained a quite a bit of weight obviously from being pregnant. And so I found a local dressmaker that I could, you know, she could make up my designs for me. So I gave her like patterns for her to copy. And, that's when, you know, the dresses came about and then it just was so organic. I literally was, like, in Liberty's and, you know, all these amazing shops. And then Peacocks asked me to do a High Street collab for three years, which was great. And then I did, and then I got into my interiors. And it all just... I just became really happy. And then Danny, my husband, was, you know, trying to get me to sing on records and things and, come on sing on this Pearl. Because we always used to write together, but it was just, like, I'm too busy, I'm too busy, I've got to do this. I got to go here, I got to go to London. You know, I was just so busy doing my design work that it just didn't allow me to sing anymore.

Rebecca: And what age was that? Was that late twenties, thirties? What age was that?

Pearl No, that was in my mid-thirties.

Rebecca: Mid-thirties?

Pearl: Yeah, and I tried to get sober I'd say from like late twenties, you know. Because I've been, I've been a wild child, you know, I was like in London going to clubs when I was 14, 15 years old. You know, I was one of the original wild childs. You know, like, so by the time I was like, I am old. I've done it all. You know, I don't need to go to another party ever again. You know? Do you know what I mean?

Rebecca: You've had the ten lives in one.

Pearl: I have lived multiple lives, I don't need to do this anymore.

Rebecca: If you were like to, like, track back, like, do you have, like, a first awakening that you had? Or a moment where it was, like, you felt a deeper connection with spirit or like that wisdom within?

Pearl: Yeah, I mean, I've always had a very deep connection with spirit. And when I was very young, I got into tarots and I went and did a six week course in Covent Garden. And I started reading tarots for people. I was really into it all and, but I've always been a very spiritual person. I might have just lost it when I was using drugs and alcohol, I wasn't really into alcohol, it was more drugs. And I think I might have lost my spiritual connection then. But I got it back pretty quickly when I was sober. And I got, weirdly, I found this... A friend of mine bought me a book by this lady



called Lynn Grabhorn. And it was, like, it was called 'Excuse me, Your Life is Waiting'. And that's the book changed my life. Because that was all about energy and following your bliss and doing the things that make you excited and happy. And that's when I started designing my curtains. And, you know, that's what got me into the design business. And that was in 2001.

Rebecca: So it really was, like, that, like, following what lights you up, it, following what makes you happy, following what makes you come alive. That kind of, like, opened up the path?

Pearl: Completely. I didn't know about that stuff. And then I got into, you know, Esther and Jerry Hicks. And I found them and I thought their work was unbelievable. I used to go to their seminars and it just resonated with me. And, I never, I didn't know about this stuff, you know. And now, you know, it's hard to do it on a daily... we've talked about this before. It's very hard to do it on a daily basis. I mean, I haven't got that kind of brain. I have to read things all the time or listen to podcasts or get in the car and, you know, put on one of my iBooks, you know. But, you know, that stuff works. If you just have a go, you follow what makes you happy. You let everything be. Because I'm very hard at... I'm quite a control freak, so it's quite hard to just let life just happen. But it's great when it does, when you just trust, when things don't work out and you think, oh my God, why didn't I get that job? And then you go, well, because obviously I'm not meant to, you know, And then you're just, that's when you find full happiness.

Rebecca: Well, yeah, I think one thing that I would say about you, one of many things I'd say about you is being, like, such a, like, a gift that you have is you're definitely amazing at connecting people. Like, you're such a connector. Like, I've got, I don't even know if you know this, but I've got a friend, Anya, do you know who I'm talking about? Or you might not even remember meeting her. She's a Director. And she, I was in Australia and I got this email saying I was just in a steam room at Babington house, and Pearl Lowe said I should get in contact with you if you live in Glastonbury. And she turned into a really good friend and so, so many people. Yeah, yeah. And you definitely have that amazing connector ability. Have you always had that? Like I couldn't imagine you even younger going, oh you two have to meet, you know? Have, you know, like, like marriages.

Pearl: Yeah. I've done all of that. Sometimes, you know, I get guts on people and I love putting people together. I like making people happy. So, like, it's really nice when it works out like you and your friend, but, like, I have done that before where I've, like, set people up on dates and they've got married and had a kid and, you know, I've done all of that. But I love I think is that yeah, I like, I like making people happy, I think. And I think that's why ultimately I really feel like I need to be a vessel with this ADHD thing because it's been a light bulb moment for me in my life. The biggest one so far is knowing. I did this online test in lockdown with my friend, with my little bubble, my best friends, my husband. And we were just doing it. No, no, no, seriously. And we all just did this thing on Attitude Magazine. It was like, and I came I was, like, the highest one. And I was like. I never thought of myself having ADHD because I'm quite a relaxed person sometimes. You know

what I mean? I don't go for, like, loads of running or, you know, like I'm not that sort of person. So, and I thought the other two would have been much more ADHD than me and actually I've got it the worst and so I feel like that's really helped.

Rebecca: Well yeah, and I think you and I have spoken about this that, like, they say that often with women we mask it a lot more. it's like we kind of control it a lot more so it doesn't seem like it but yeah, deep down. That's interesting.

Pearl: Yeah. And also we have pregnancy. But no, so I feel like I need to help people. This is what I love. I love helping people. So I keep talking about it.

Rebecca: I can see also, like, because you, you've definitely been, like, you must have been, like, blessed with, like, you know, getting that Peacock range and then getting into Liberty's and, like, it must... And with Babington House and, like, all the people you kind of meet it's, like, I think that connector thing, it's, like, this ,like, amazing web or maybe you're just an amazing manifester. Like, it's pretty amazing.

Pearl: Well, thank you. I mean I don't, you know, I don't outwardly go... But I get... If someone says, oh, you know, I think I remember your friend and I was thinking, you live in Glastonbury and you're spiritual, oh my God, you've got to meet Rebecca. You know, like, it's just those things that you just think...

Rebecca: It's like an intuitive hit I think you get.

Pearl: Yeah. And you just think, oh my God, I know what will sort your life out, you know? And sometimes it's really annoying because, you know, like, I gave this amazing carpenter to a friend of mine, and she's had him in a house for four years. I can't get him back. You know, it's just things like that. Like, it's just like, oh God damn it. Like, I want to use him again, you know? But it's... I'm never going to change. I'm never going to change. So, it's whatever.

Rebecca: Totally. And so, okay, I want to ask you... This is something I ask everyone, do you have, like, a regular spiritual practice or a morning routine or... And it's fine if you don't, if your routine is not to have a routine. But do you have something that you do every day or something that works to help you, like connect in with yourself?

Pearl: Yes. So I did do TM meditation. I learned it, but I don't do it all the time. I know some people do it every single day, but when I... The problem with having ADHD and being a busy person, sometimes you just can't fit it in. Do you know what I mean? But when I do remember, I meditate in the morning, or every single day I go for a swim. I mean, that's my meditation as well. So I go for a steam and a swim and then I have, you know, I then I go to work. But that's my, you know, my

mantra is kind of being healthy and being... Because I always think, you know, healthy body, healthy mind, you know. So that's kind of what I do basically every day. And I feel weird when I don't. And I think sometimes, you know, I meditate when I'm swimming, basically, you know?

Rebecca: Yeah, right. So it's a moving meditation. Yeah, I know what you mean. I swim a lot as well. I find it's, like, the best exercise to, kind of, like... I think it's the breathing as well. It is a form of meditation, if you, like, consider, like, breathwork is meditation, you know.

Pearl: Yeah, and I get loads of inspired thoughts when I'm swimming. You know, just even things like I think, oooh, I'm going to make a dress in that fabric, you know? Like it's just silly little things that come to my head, you know, like when I'm swimming. And, you know, meditation I love, but I honestly can't always fit it in. But I know you're supposed to, but it's not part of my... I love it when I do it, but it's just, you know, I think I do it in the swimming pool as well.

Rebecca: Totally. Yeah, that makes sense. And there's no distraction in there, is there?

Pearl: No, no, no. No, outside, you know, "mom".

Rebecca: So, can you think of, or like, recall a time when, say, you received really cool, really clear guidance. So it was like you knew something, but you didn't act on it, and then you're like, oh God, I knew that would happen?

Pearl: Good or bad? Like good stuff or bad?

Rebecca: Either.

Pearl: Either. Oh God. I've had quite a lot of bad ones. I've had quite a lot of bad ones where, you know, recently, you know, I lost my driver's license. And my gut was... I couldn't get on... Because I'm not very techie. And I couldn't see how many points I had because it was just, you know, going on the DVLA and I thought, I know this is wrong, but I'm just going to write a check. I'm not going to do speed awareness. I just got a send off. When I sent off my thing, they said you had 12 points, you're going to get your license taken away. And I knew in my gut that I just had to find someone to help me get on their website, but I just couldn't be bothered. And then I lost my license and it was awful. Six weeks, six months sorry, of no car. In the countryside.

Rebecca: Oh my God. Oh my God.

Pearl: And that was... And I knew all I had to do was literally get one of my sons to help me. But you know, I can't get into their website, I don't know how to do this and then I just thought, oh

nevermind I'll just write the check and I'll just not do the speed awareness and... Yeah it wasn't fun. But things like that....

Rebecca: And do you know how you, like, receive your guidance? Like do you, like, have visions? Or do you just have like a knowing? Or is it like, do you hear? Or a feeling?

Pearl: I get, it's really funny, I get like a high pitched... I start, sort of, talking. When I really feel something very strong and I try and get my voice heard. Because obviously we're quite a big family. And I start talking in this very high pitched voice, like, it's almost like it's not me. Like I'm going, we have to do that, but it goes like an octave higher. And I'm just like, you know, it's weird. It's, like, it's almost like a voice coming in and just saying, I have to do this, you know? When everyone's like, against, you know, a decision. And sometimes I feel really pushed. It's almost like someone is pushing me to do things. And, equally, I get it with... Because I write every night. And it's just, it's sort of creative writing. So it's just like what I've done in the day. Since my dad, my lovely dad, passed away a few years ago. And so I write to him, I write letters, and it's just whatever I write. And when I look back at my writing, it's so similar. Like some things I've written that I want to do are still there. You know, it's almost like, you know, I've been told to do things and I don't act on them. And then literally years later I'm like, okay, I'll do it. You know what I mean? It's almost like in your writing and you can see it written down. You're like, okay, no, no, no. Silly things like, I don't know, designing coats or something, you know, they would just be back there.

Rebecca: Yeah. Yeah.

Pearl: You know, and then you're, you know, four years down the line, haven't it done it, and you have to do it, you know?

Rebecca: Oh, that's so interesting. Well, because I think, like writing and journaling and whether you're writing to your dad, or writing to your guides, or writing to yourself, or just, like, venting the feelings within. Like, I really see that as a form of spiritual practice. It's definitely something that, like, I've needed to do to, like, empty all the stuff that I've, like, I'm carrying around in my head.

Pearl: Yeah, that's what happens to me.

Rebecca: Is it, do you like, do you think you hear it as you're writing it? Or, because I'm just curious... Because you're a singer and...

Pearl: Yeah, I write my problems down and I've got this book. God, God help anyone... I mean, I've literally got to burn them one day because sometimes, you know, honestly, if I ever passed away, my kids would be horrified. But you write down like every, you know...

Rebecca: What a crazy woman.

Pearl: Yeah! You just, like, you sit there and you're just like, oh my God, today, like, you know, my neighbor told me off. The dog pooing in her garden, you know, or whatever. But it's, like, so crap. But, like, it really annoyed me. But you just want to vent, you know,. It's a lot of it's nothing, you know. And once it's written down you're fine, you know. It's just the sort of things that, you know, you want to get rid of out of your head. Or, equally it's like things that you can't, you know, that you really need to kind of... Sometimes it's like things that I can't work out that, you know, like when there's a problem. So it's really interesting, I have a very amazing.... I have a very wonderful friend who's psychic, who's often, if I talk to her and I say, look I've got this problem, she says, well if it's going around in your head Pearl then that means it is... Like just obviously it's not right. You know like if... And I get... And now I understand that if I'm really stressing about something then obviously it's not meant to be and it's not right. If I'm thinking about, do you know what I mean? Because you know.

Rebecca: Yeah, so it's like you're trying to figure it out rather than be in the flow with it.

Pearl: Yeah, exactly. So it's like if something's bothering you and it's going round and you can't sleep and everything like that, then it's wrong. Then you can't do it. Do you know what I mean? Like, I'll use an example, just for instance, if I want to buy a flat at the moment, you know, I'm looking for a little place. And I saw something and it was just bothering me. And she said, well, it's obviously not right, because you'd know, with every core of you being that that's the one. And if you're thinking, is it right? Is it not right? Is it right? You know, she said that it's wrong. And that's been really interesting as well because I, I now go, okay, don't do it.

Rebecca: Yeah, you either know or you don't. And yeah, that makes sense, and especially, like, knowing you as well more than the average person. I feel like you have, like, the certain knowing when you know, you know.

Pearl: I remember buying a house quite a few years ago and my gut was like I don't want this house. Like, I knew it was wrong, but everyone around me convinced me to buy it. And we got in there after a few months, I was miserable. It just was that. It was a lovely house but it just was the wrong energy for me. And I was crying every day. I didn't work for six months. I put the house on the market, couldn't sell it, had a horrible time, and I thought, my God, why didn't I just listen to my gut? You know, I just didn't listen. And that was a big lesson for me because it cost us a lot of money. We did eventually sell it, but we had to lose money on it. And it took me out of work for about a year because I was so depressed I couldn't create anything, you know?

Rebecca: Right.

Pearl: Like other people might. just go in a house and it's fine. But for me, it's all about the energy, you know? And it was just the wrong...

Rebecca: Energy and surroundings. Yeah. So true. I so agree. I've got, I've got examples like that as well, of particularly with, like, yeah, home and houses. Like, yeah if the surroundings aren't right it's like it just kind of... Yeah, maybe some people it doesn't affect so much but, yeah, I so hear you. I mean that's a good story of like trusting your intuition versus not, and then being like nah I'm going to trust it from now on.

Rebecca: And so I've got two more questions for you. One of them is so you know, so this intelligence, intuition, God, the Sacred, like, what does that mean to you? Like, what does the Sacred mean to you?

Pearl: Yeah, it's a funny one isn't it? Because I definitely, like, you know, everyone has their thing and mine is source. Like, I believe that there is source. Like I believe in something. Whether it's someone within me or around me. I haven't managed to, sort of, figure that out yet. Yet, but I feel very protected and looked after...

Rebecca: You mean you haven't worked out the meaning of life?

Pearl: No, no, no. I mean about source, because obviously, you know, I'm agnostic. I don't believe, I haven't got a religion. Like, I don't believe in religion. I've always been like that. If there was a religion, I think if I did believe in a religion, it would definitely be a... I'd probably follow a Buddhist practice because that's the closest to how I feel. But I don't follow any religion. So what I have is a source of a, sort of, inner being or a... that I talk to or that I believe in and that I can... And when I'm feeling really good, that inner source or that source is around me much stronger than when I'm feeling bad. When I'm feeling bad, I can't connect into source. But when I'm feeling really good, then source is right with me and I feel comforted by that. And I believe in the afterlife and... I've got... I know I should probably know more about it, but that's just my thing.

Rebecca: No, I think you sound like you know a lot about it. I was joking. Like, who knows the meaning of life. It's like literally the biggest mystery there is.

Pearl: Well, no, of course, but I do, when I feel really good, like I feel like I know everything. Like, you know, like, I get guided. And life, you know, life isn't easy, you know, you get bogged down with the every day, you know, the ego, because I'm trying, you know, as I've got older, I'm trying to get rid of my ego and live a much more spiritual life. And that means, you know, hardly going out. Like, reading lots of books. Do you know what I mean? Like, it's really hard in our world, isn't it? Like, you know, because there has to be a bit of ego in what both of us do. You know, it's, sort of, do you know what I mean? Like, it's kind of...

Rebecca: Totally. Well the willpower, willpower is the mind. Like it's, like, I don't see ego as bad. It's just, I think for me, it's, like, connecting in with whatever that part of us that's guiding us. Whether we call it source or intuition or soul or, you know, the words, like, there's no one word right. But connecting in with that and then I kind of, like, try and remind myself to let that part of me make the decisions and then get my willpower and my ego to kind of, like, make it happen.

Pearl: Yeah, that's a really good way. I think that's the perfect way. It's just sometimes, because sometimes that doesn't work very well for me. Because, like, so for instance, last year at the Summer Solstice, it was a really spur of the moment thing. I just said to Betty, like, let's go and watch the sunrise. No, let's go watch the sunset at the stones, you know, at Stonehenge. And it was the most beautiful thing I've seen. Like, one of the most magical days of my life where everyone... There were all the Druids and they were singing and, you know, playing flute and it was the most special thing. And I thought, gosh, actually, I could, this is how I want to live like this. You know, obviously, you can't have that every day in your life. But then this year, I got the day wrong and I was, like, so upset.

Rebecca: Were you early or late?

Pearl: I was late. I watched it... I watched the news. And I was like, what it was last night? I thought it was tonight. So annoying. So annoying. I was so angry with myself. But it was so beautiful because I think that maybe I'm a real hippie at heart. Like, I just think that's where I'd be very happy not to have any, you know?

Rebecca: You totally are. Well, I also think it's interesting, like, we've joked about this before about... Because you're such an amazing antique shop shopper and, like, I all of a sudden after, like, without realizing it started collecting Mother Mary's and Black Madonnas and I didn't know that I was doing it and I didn't know what was happening. But all of a sudden I'm, like, I got like 50 of these things and I swear you have almost as much as me.

Pearl: I think so. I've stopped. Because this is the thing I've had so many. I had way, way too many in my life. And it was getting really out of hand and they were sort of everywhere. And so I've stopped. I can't remember what I've got into since then. Oh like, I'm quite into the domes. You know, I've sort of replaced it with the domes.

Rebecca: The domes? Oh, the ones with the stuff inside them, or?

Pearl: Yeah, the stuffed domes. I keep buying them and they're, like, everywhere. Like stuffed animals.

Rebecca: I've actually got a Our Lady of Guadalupe stuffed dome. Well.

Pearl: You've got what? Oh which one's that?

Rebecca: It's like a Spanish, no a Mexican Guadalupe stuffed dome, yeah.

Pearl: That sounds amazing.

Rebecca: All right, but what does Mother Mary mean to you? It's just like an antique, cute little thing?

Pearl: No, no, I've got so many, honestly. I love her like she's for me protection. So, like, if you believe. You know, I think if I put her all round my house, then I've got protection. And actually yesterday, I sold one. It was a one in a dome. And when she was leaving, I was like, oh maybe I shouldn't have done that. Like, she's been with me for a long time and everything's been really good since I've had her. So like, I was a bit like, Oh, oh, that's okay, that's okay. She'll go and protect someone else, you know? But yeah, do feel like that? Is that how you feel about that?

Rebecca: Yeah, yeah, yeah. For me, well, at first I think it was, like, I just felt like love. Like, yeah, I guess that's like, love, protection, compassion, support and stuff. And then when I started, like, studying it a bit more like when I did the Rose Oracle, for example, I, like, discovered so much about, like, the Rose being a symbol of the feminine. And particularly in Europe where, you know, we had like the burning times of the witches and all Druid, you know, all of that kind of stuff. Like, our ancestry basically, the wisdom ancestry, Goddess ancestry. And I discovered that Mother Mary was this, like, figure of the Goddess that was allowed to be worshiped. And so now for me, Mother Mary represents, like, she's, like, I kind of feel ancient Goddesses behind her because she's the one that has been worshiped because of all the persecution that happened, like she was the only one that we could. So I kind of see her as like she's holding all of that ancient stuff from my perspective.

Pearl: Yeah. And, and it's, I don't know, for me, antiques are just things. So when I go find a Mother Mary, if she sings to me, like, do you know what I mean? Like, I'll just. I'll just go, oh she's so beautiful, I've got to have her. Like, she's going to, you know, she's going to sing and she's going to be like this wonderful, I don't know, energy in my house, you know. Like that's what I love about her. But I have got popes and, you know, like you Black Madonnas and, you know, you name it. I mean, I have, like, I have one room that has so many in it. I think it be, like, quite scary to, like, to sleep in there. You know, it's just, like, so many there's just, like. In fact, nobody sleeps in that room. It's probably too scary for everyone. I know, but they are beautiful. But I love the fact that you've got into collecting because it's great doing that. It's a fun thing. You kind of get a collection.



Rebecca: All right. And then final question that I ask everyone is what returns you to yourself and the wisdom within.

Pearl: Singing. I love singing. Singing always returns me to myself. I love, you know, obviously I don't do it professionally anymore. But I often, I don't know, I just feel one when I sing. And I just love the feeling of it and, yeah, I just love singing. I sing wherever. When usually when no one's listening. But it's my favorite thing. And in the car. I love singing in the car. Loud. Loud music.

Rebecca: Brilliant. Well thank you so much for your time. Can you share, like, I don't know, like, you're always working on many things, but is there something that you're working on at the moment that you're, that's, like, really lighting you up that you'd like to share about?

Pearl: Yeah, I mean, at the moment, I'm, as always, I'm always doing lots of different collections and kind of designing all sorts of things. And so I've got, like, Autumn that I'm working on at the moment. I'm always really super late in comparison to other people, but I'm doing, like, coats and I'm kind of getting into the 20s vibe at the moment. And I'm really kind of working a lot, like, I'm going to do another book. So I had two books, Faded Glamour and Faded Glamour by the Sea. But I'm doing, I'm about to start shooting another one, which I'm very excited about. Because we did like a trilogy, so it'll be the third one. And, I want to write, like, I've got really... I'm on a mission with this ADHD thing. And I just really want to, I don't know, get to the bottom like, you know, of it, you know, like to kind of help people because 40% of people have addiction, have ADHD. So it's, kind of, not really spoken about. And I feel like I want to explore a little bit more in that and, you know, see what things can, you know, on my journey, what's helping me through it, you know, and seeing if I can I can inspire or help other people with it.

Rebecca: Oh, that's so amazing. Yeah, I'm sure a lot of people will just, yeah, appreciate hearing what works for you and, yeah, all the things you learn along the way as well.

Rebecca: Soul Inquiry is a practice where we enter into a direct dialog with our inner self, our intuition. I personally like to journal my answers as I find I like seeing them written down in black and white. But feel free to do whatever works best for you. So today's Soul Inquiry prompt inspired by this amazing, passionate conversation with Pearl is - what is your passion calling you to do? What is your passion calling you to do? What is your passion calling you to do? And now it's time to commit to a grounded action. So, what is one baby step you can take in that direction today? Let's all share a deep breath together as we close this Sacred Space we've stepped into. I'm so grateful for you being here. If you'd like to keep returning to yourself and returning here with me, then hit subscribe. If you love this podcast, leaving a review or a five-star rating really helps me, and other people to find it too. You can find the show notes as always from today's episode over at [rebeccacampbell.me/podcast](https://rebeccacampbell.me/podcast). Thanks for returning.

